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UNITED STATES DEPARTMENT OF AGRICULTURE  
Production and Marketing Administration

U.S. 1945  
August, 1945

U.S. DEPARTMENT OF AGRICULTURE  
CURRENT PERMANENT RECORD  
APR 2 - 1946

FACT SHEET ON CABBAGE

Problem: One of the largest crops on record of late summer and early fall domestic type cabbage is due for marketing this fall beginning early in September. Normally, a great deal of this type of cabbage is used for sauerkraut. If enough tin can be had to pack large quantities of sauerkraut, the problem of moving fresh cabbage will, of course, be eased.

Tin Limited: For the last few years there has been no tin for kraut except for military uses. The rest of the sauerkraut has been packed in bulk, or in glass or other containers. This year's civilian allocation of tin for sauerkraut will be approximately  $4\frac{1}{2}$  million cases of 24 No. 2 cans as compared with the  $6\frac{1}{2}$ -million-case base. Last year the equivalent of about a half million cases of kraut was packed in glass, and present indications point to about the same quantity to be packed in this way in 1945. This pack accounts for about 5 million cases of sauerkraut. From one-fourth to one-third of the fall crop, exclusive of storage cabbage, will be used in kraut manufacture, provided the tin is available. Since, the cabbage that will be available in September will not be storable, most of it must be used in fresh form to avoid waste.

Production Good: The commercial crop for harvest in late summer and early fall (exclusive of Danish type cabbage, most of which is stored for late fall and winter use) is expected to total 504,000 tons. This is 42 percent above the 1944 crop of 355,000 tons and 18 percent more than the 10-year (1934-43) average of 428,000 tons. According to current estimates, it is the third largest crop of late summer and early fall domestic cabbage on record.

Quality Good: Weather conditions have been particularly favorable to cabbage, as a result of which the quality is generally good and many heads are of large size. If these conditions continue and heads grow larger, it is possible that tonnage may increase enough to bring the crop closer to the previous record. Quality is particularly good because of few pests or diseases.

Producing Areas: Through most of the Northern States cabbage will be a major vegetable crop this summer and fall. Principal producing States are New York, Pennsylvania, Wisconsin, Michigan, Ohio, Illinois, Indiana, and Colorado. Only about 5 percent of the late summer and early fall commercial crop is produced west of the Rocky Mountains.

The Time Has Come: Cabbage will be on most markets in large volume by September 10 this year. The prime factor is that for the next 2 months there will be plenty of cabbage on the market.

To Market: Distribution of the late summer and early fall crop shapes up like this: Cabbage from New York is marketed chiefly in the Middle Atlantic States, with considerable quantities moving to markets in Midwestern and Southern States; from Wisconsin and other North Central States, supplies are sent to Midwestern markets and some Southern States; and cabbage from Colorado goes to the Rocky Mountain, West-South Central, and Great Plains areas.

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Price Tags: The price of cabbage to consumers is reasonable - an item of note in the "reconverted" world. Housewives will be counting pennies when they go to the grocery store in anticipation of early purchases of long awaited electrical appliances and other goods whose production has been resumed now that the war is ended.

Wholesale prices in New York City and Chicago as of the week ended August 24 ranged from 60 cents to \$1.75 per 50-pound sack. Prices are somewhat higher in the East than in the Midwest. Costs of distribution and marketing are relatively high because of the bulkiness of the crop.

Cabbage Carries On: Although the coming civilian food supply situation looks better than it has in some time, there will still be shortages of some foods. Demand for certain foods, is expected to continue high, , so even when supplies of other foods are good, demand is likely to keep on exceeding supplies. Here's where cabbage can step into the picture during its flush season. Around this vegetable, rich in minerals and vitamins, many a menu can be planned to the family's advantage.

Good Eating: Cabbage makes "good eating" in more ways than one. Besides being extremely adaptable to dishes of all sorts and flavors, the vegetable is well stocked in food value. In the vitamin line-up to be found in cabbage are Vitamin C (particularly in raw cabbage), thiamin (B<sub>1</sub>), riboflavin (G), and niacin. Minerals harbored in cabbage include calcium, iron, and some phosphorus.

Some Like It Hot, Some Like It Cold: There are innumerable ways to "dress up" cabbage to tempt almost anyone's palate. Housewives have employed many an ingenious method to make foods look "different" during wartime days, and there has been no better material to work with than cabbage. It mixes well or it can be served alone and you'll like it. For instance, there is cool, crisp cole slaw - perennial summer favorite. Or you may prefer hot savory slaw, cabbage boiled in meat broth, panned cabbage, cabbage boiled in quarters, chopped cabbage quick-cooked in milk, scalloped cabbage, or the tasty Russian "borsch."

To give zest to a salad, cabbage shredded or chopped combines well with shredded carrots or grated onion, cut spinach, diced celery, apples, grapes, nuts dried fruit, or hard-cooked eggs, or cucumbers, green peppers, or pineapple in season. Spice up your hot dishes with suggestions like these: Cabbage and apple scallop; cabbage scalloped with bits of ham, crisp bacon, or salt pork; cabbage in vegetable chowder; cabbage with cheese sauce; and cabbage scalloped with peanuts.

Vitamins Intact: One way to prepare cabbage without much loss of food values (particularly Vitamin C, which is easily destroyed by heat and easily oxidized by air, and which is not stored by the human body), is by panning. For each quart of cabbage shredded in narrow strips, allow 2 tablespoons of fat. Melt the fat in a heavy flat pan, add the cabbage, and cover to hold in the steam. Cook slowly until the cabbage is tender, but not mushy. Now and then stir the cabbage to keep it from sticking to the pan, and when ready to serve, season with salt and pepper. Drippings from meat, such as sausages, salt pork, or bacon, serve especially well as the fat in panned cabbage. Or if you prefer, fry some salt pork that has been cut in small pieces, or use bacon slices. Use the fat in panning the cabbage, then add the crisp bits of meat just before serving.



Another excellent seasoning for cabbage is milk, slightly thickened. Sift flour lightly over the cooked cabbage and mix well, add milk, and stir until thickened. Season with salt and pepper. To vary the flavor of panned cabbage, add a bit of chopped onion or leftover tidbits of meat to the cabbage, when it is almost tender.

Speed and Spice: A delicious dish is quick-cooked or "5-minute" cabbage, and again, food values are retained. To prepare cabbage in this way, heat 3 cups of milk, add 2 quarts of shredded cabbage, and simmer for about 2 minutes. Mix 3 tablespoons of flour with 3 tablespoons of melted fat. Add to the blended flour and fat a little hot milk. Stir this into the cabbage and cook 3 or 4 minutes, stirring continuously. Season to taste with salt and pepper and serve at once.

Hot or cold cabbage slaw hits the spot with just about every member of the family. Cut cabbage in quarters, wash thoroughly in cold water. Drain, shred, and set aside in a cold place until crisp. Pour hot tart salad dressing over the crisp cabbage; stir until well mixed. Serve hot or cold.

A tangy flavor is added to cabbage with the introduction of meat, especially salt or smoked meat. Cover the meat with water and simmer until almost tender. Use some of this liquid for cooking the vegetable; dilute, if too salty. Simmer gently until the cabbage is tender but not broken, then season to taste.







UNITED STATES DEPARTMENT OF AGRICULTURE  
PRODUCTION AND MARKETING ADMINISTRATION1.956  
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September, 1945

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